

Louisville's Fitness Parks

Your Guide
to
Louisville's
Best Parks
for
Exercise

METRO
Parks
www.metro-parks.org



Join The Mayor's Healthy Hometown Movement!

In just four short years, The Mayor's Healthy Hometown Movement is changing the way we think and plan for physical activity and healthier eating in this community. Under the leadership of Mayor Jerry Abramson, Healthy Hometown has brought thousands of Louisvillians

together to develop ideas and events designed to enhance the way we live by letting us focus on our need to get up, get out and get active, and reminding us of the need to eat better to fuel our new and healthier lifestyles.

We're Hiking & Biking!

Healthy Hometown has attracted nearly 5,000 people to Louisville's Waterfront Park two times a year, Memorial Day and Labor Day, to participate in The Mayor's Healthy Hometown Hike & Bike, a great family opportunity to learn how to bike in an urban environment and be reminded of bike safety tips.

We're Reaching Out!

Healthy Hometown has awarded more than \$250,000 in mini-grants to neighborhood, school and civic organizations to help in the development of grassroots programs that provide access and break down barriers to participating in fitness and nutritional activities.

We're Making A Difference!

Through our worksite wellness initiatives, our informative website – louisvilleky.gov/health/mhhm – and the enthusiasm of our partners, Louisville is continuing to make great strides toward becoming one of the healthiest cities in America.

You Can Be Part of It!

Louisville's Metro Parks provide an easy and convenient way to actively participate in the Healthy Hometown. From our Mayor's Miles, which make it easy to track your progress, to the availability of our golf cart paths for early morning walkers, our parks serve as the biggest (and obviously most economical) fitness club in the city!

We also offer planned recreational activities to promote teamwork and camaraderie. Metro Parks is a critical piece of our community's commitment to health and wellness and an incredible resource for anyone who wants to join The Mayor's Healthy Hometown Movement!

Key to Map Symbols

	Amphitheater		Parking Area
	Ballfield		Paved Path
	Basketball Court		Picnic Area
	Bike Walking Path		Playground
	Boat Ramp		Restroom
	Building		Scenic Vista
	Bus Route		Shelter Lodge
	Cross Country		Multi-Purpose Sports Field
	Disk Golf Course		Splash Park
	Dog Run		Street Road
	Fishing Area		Tennis Court
	Golf Course		Treeline
	Hiking		Unpaved Trail
	Park Boundary		Walking
			Water Feature

1.0

The exercise paths in this book are marked with mileage figures to help you track your progress, as part of the **Mayor's Healthy Hometown Movement**. For more information, visit louisvilleky.gov/health/mhhm.

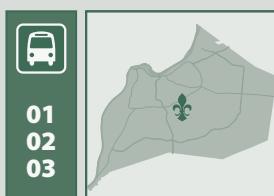


Several Metro Parks are now home to the Mayor's Miles; those parks are listed on the last page of this booklet. Look for green dots along the exercise paths in these parks. 10 dots equal one Mayor's Mile!

The lefthand graphic at the bottom of a page will tell you which TARC bus lines serve the park on that page.

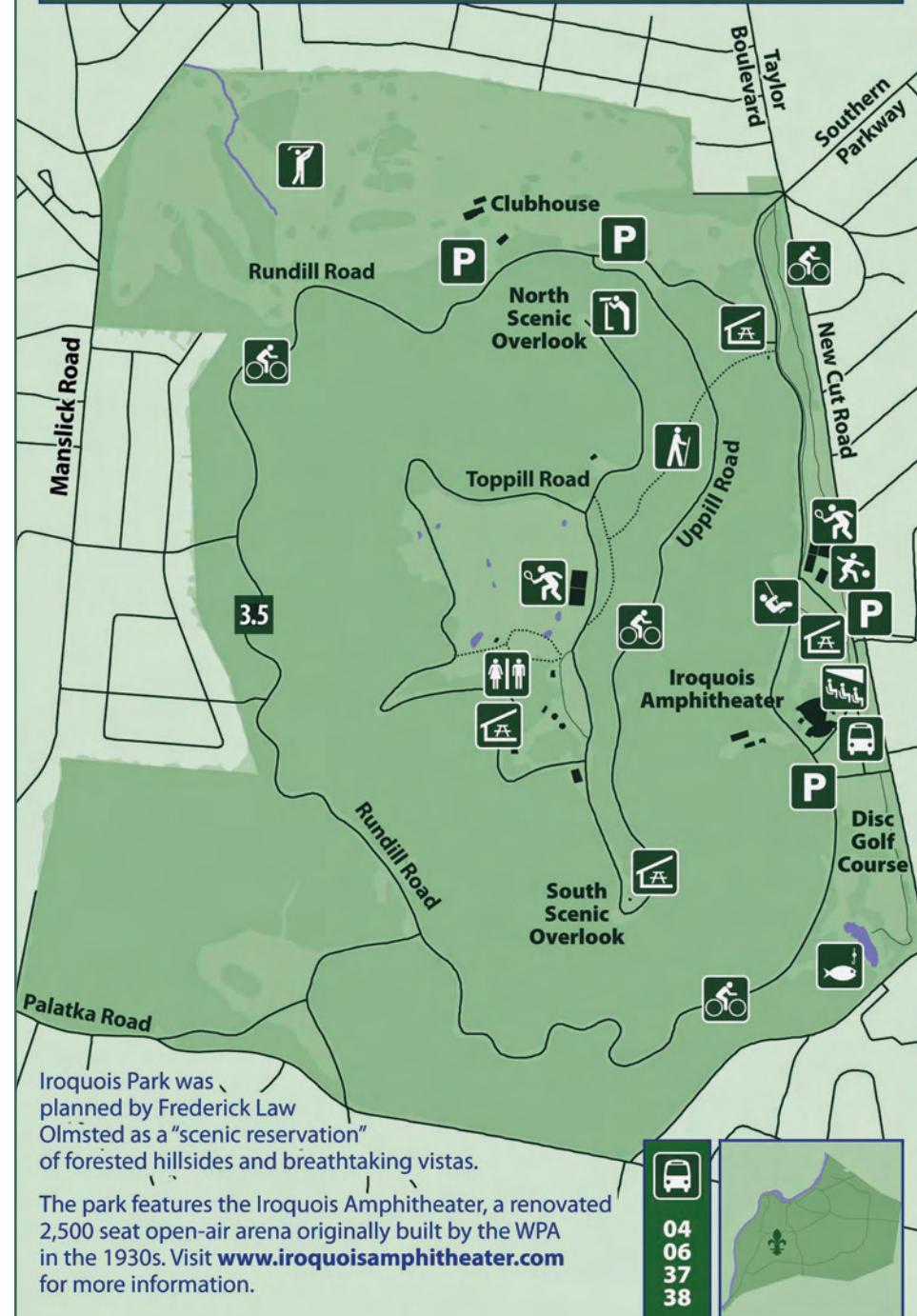
Go to ridetarc.org for more information.

The one on the right will show you where in Louisville Metro that park is located.



Iroquois Park

Southern Parkway and Taylor Boulevard

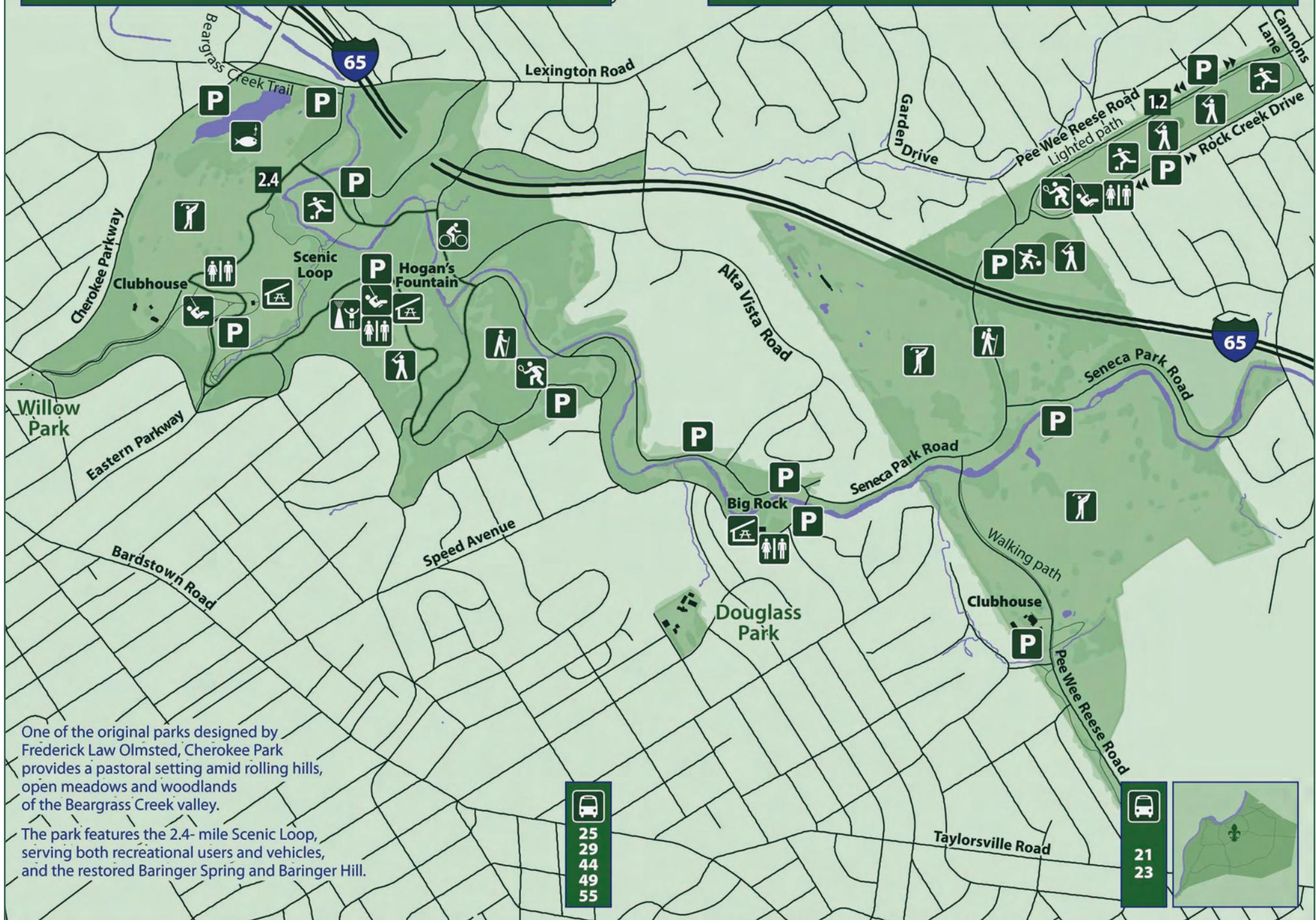


Cherokee Park

Eastern Parkway
and Cherokee Road

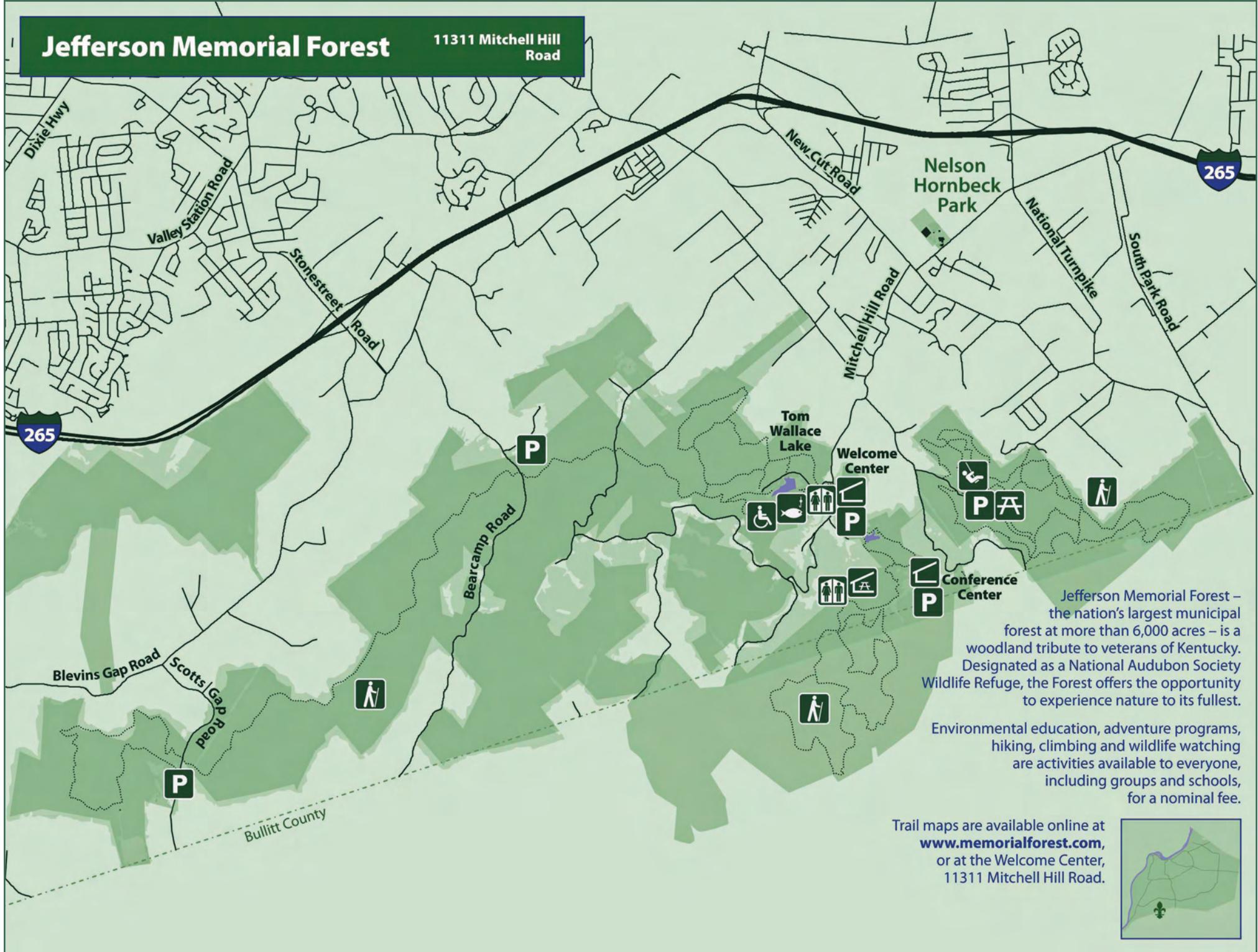
Seneca Park

Taylorsville Road and
Pee Wee Reese Road



Jefferson Memorial Forest

11311 Mitchell Hill
Road



Jefferson Memorial Forest – the nation's largest municipal forest at more than 6,000 acres – is a woodland tribute to veterans of Kentucky. Designated as a National Audubon Society Wildlife Refuge, the Forest offers the opportunity to experience nature to its fullest.

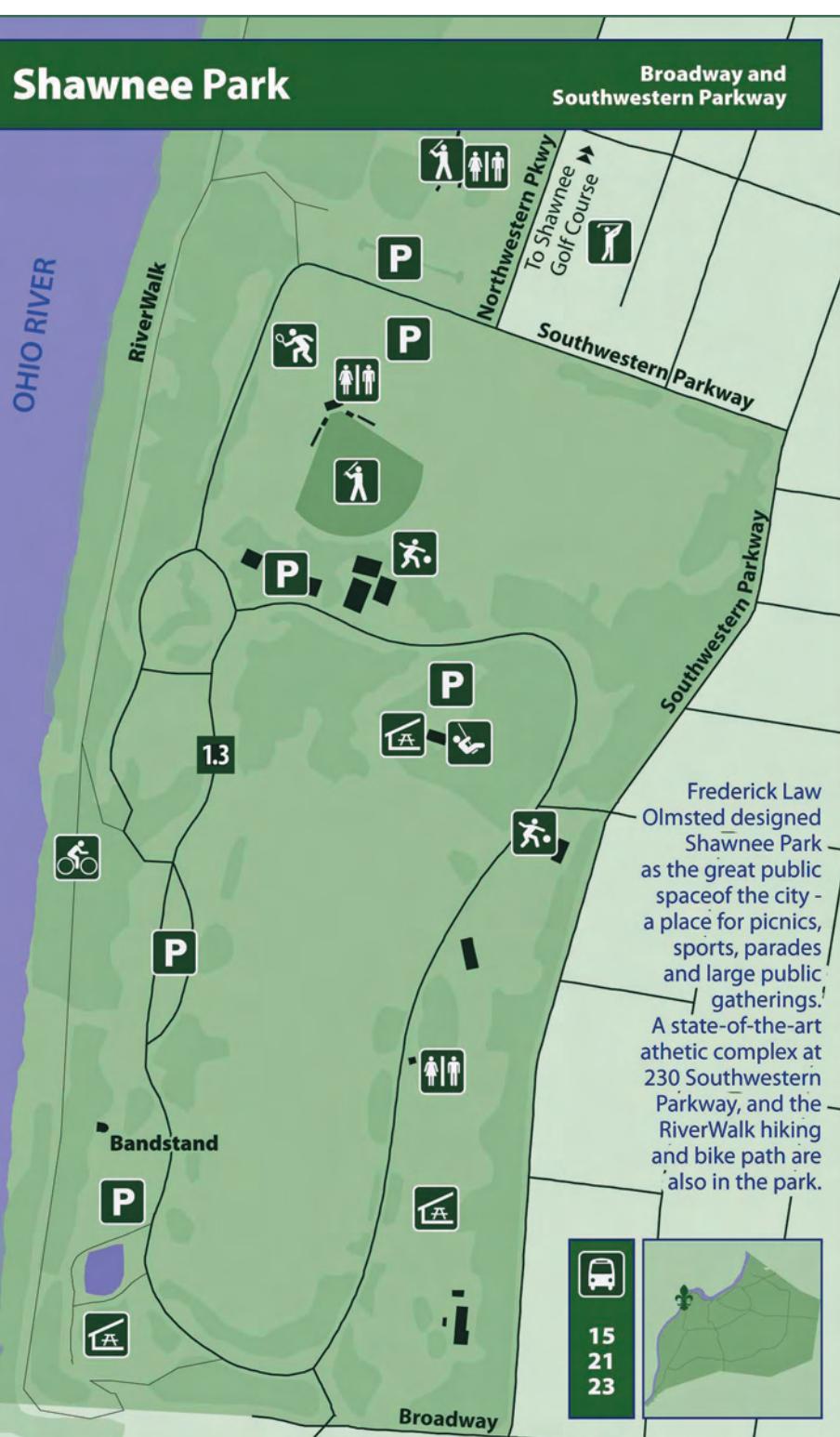
Environmental education, adventure programs, hiking, climbing and wildlife watching are activities available to everyone, including groups and schools, for a nominal fee.

Trail maps are available online at www.memorialforest.com, or at the Welcome Center, 11311 Mitchell Hill Road.



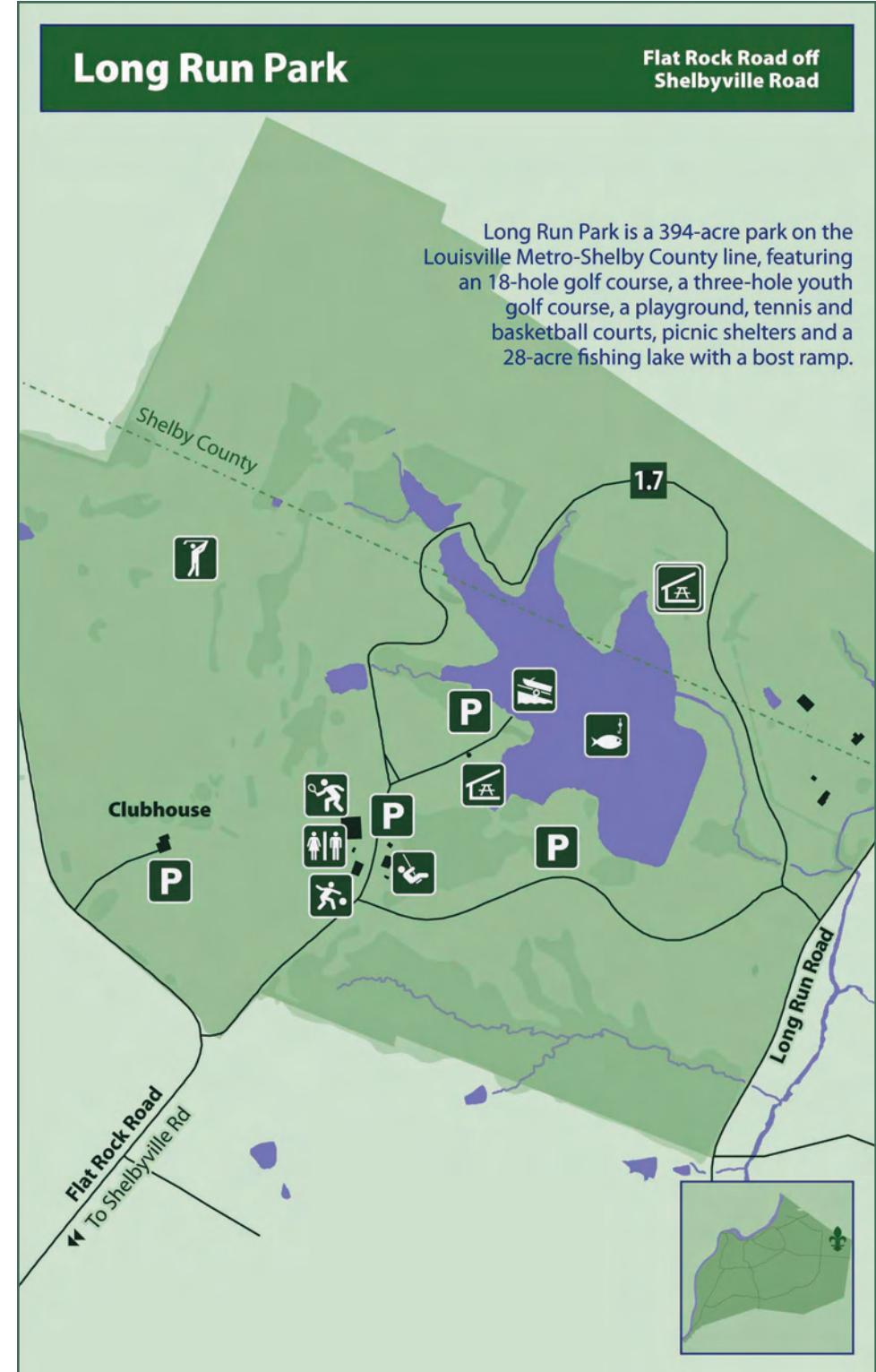
Shawnee Park

Broadway and
Southwestern Parkway



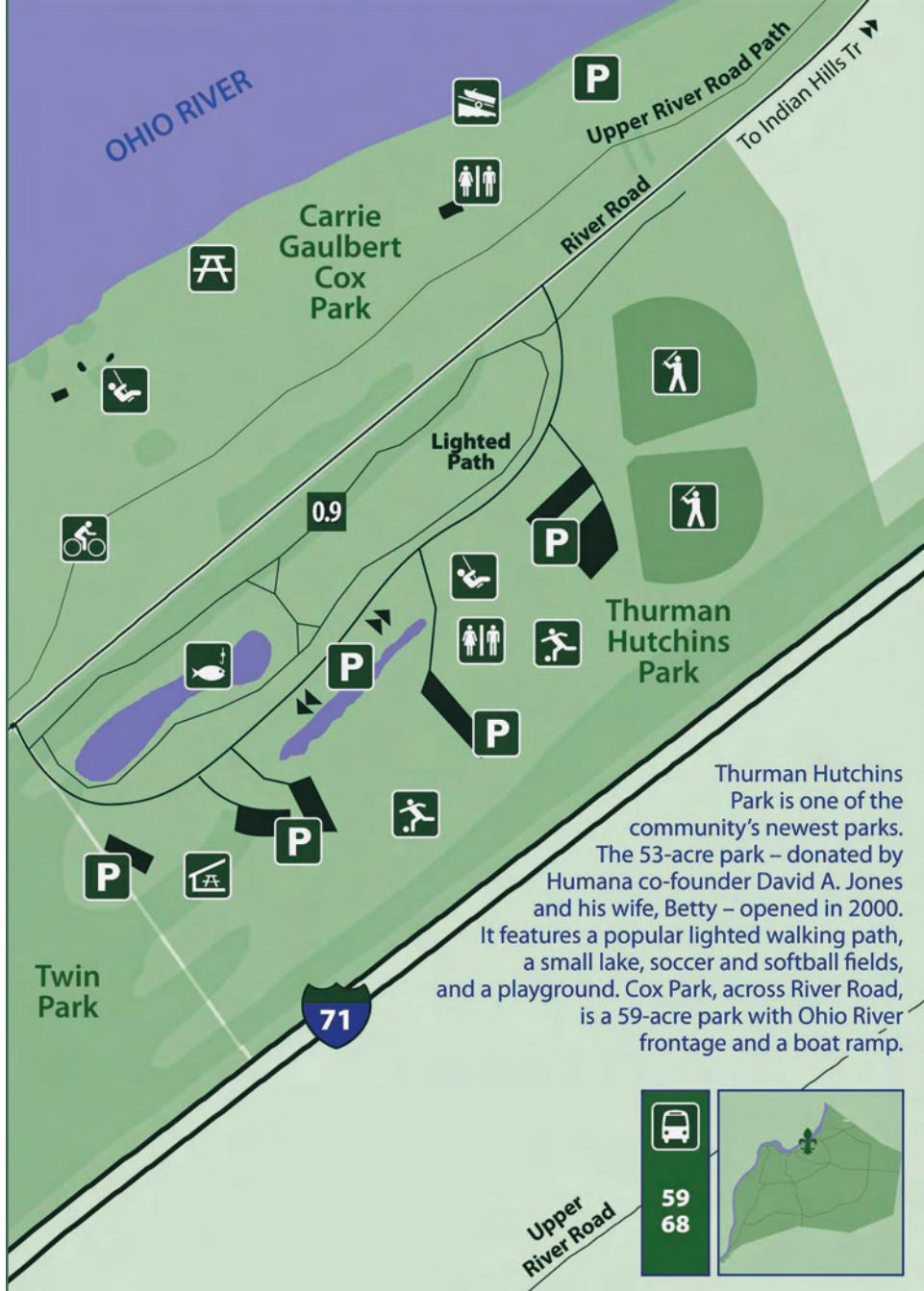
Long Run Park

Flat Rock Road off
Shelbyville Road



Thurman Hutchins Park Carrie Gaulbert Cox Park

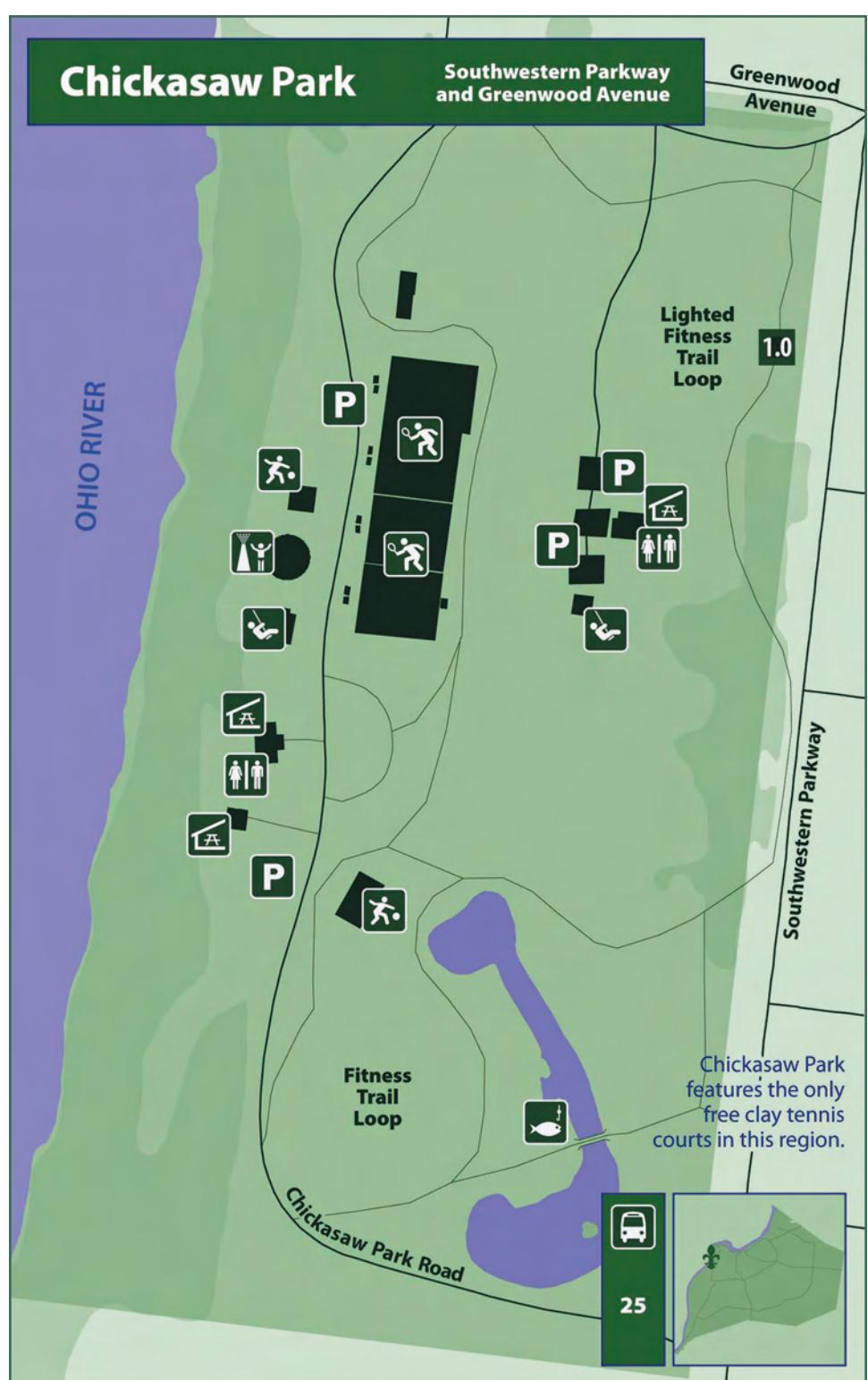
River Road
and
Indian Hills Trail



Chickasaw Park

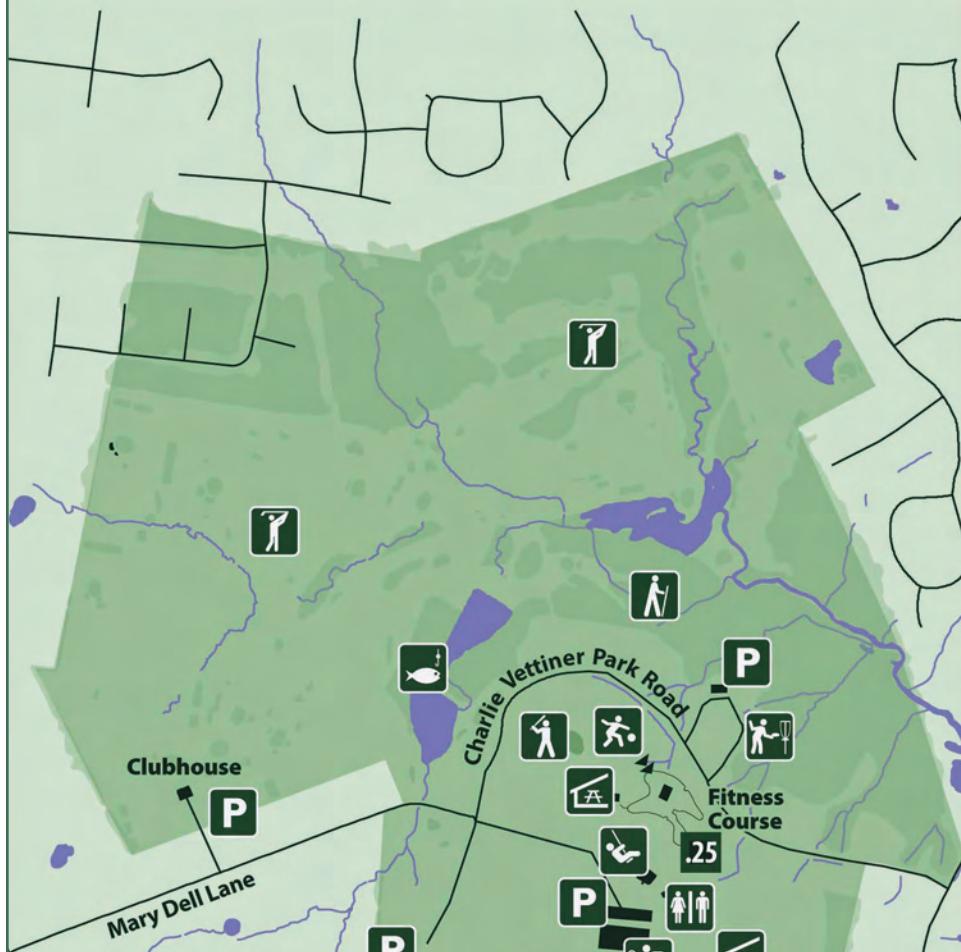
Southwestern Parkway
and Greenwood Avenue

Greenwood Avenue



Charlie Vettiner Park

Mary Dell Lane near Billtown Road



Charlie Vettiner Park is a 283-acre park that serves Jeffersontown and surrounding neighborhoods. It includes an 18-hole golf course, a small fishing lake, tennis courts, a playground and a new 18-hole disc golf course.

Paths and Trails

Cross Country

Champions Park

2930 River Rd 40206
3.1 miles

Joe Creason Park

1297 Trevilian Way 40213
3.1 to 6.2 miles

Seneca Park

3151 Pee Wee Reese Rd 40207
3.1 miles

Cherokee Park ▼

745 Cochran Hill Rd 40206
Baringer Path • 0.6 mile, multi-use
Scenic Loop • 2.4 miles, multi-use
Willow Pond • 0.375 mile, walking

Chickasaw Park

1200 Southwestern Pkwy 40211
1 mile, fitness

Carrie Gaulbert Cox Park

3730 River Rd 40207
1 mile, multi-use

Joe Creason Park

1297 Trevilian Way 40213
Park Loop • 1.5 miles, multi-use
Newburg-Illinois • .875 mile, multi-use
Field Loop • .75 mile, multi-use
Newburg Loop • 0.5 mile, multi-use

Des Pres Park

4709 Lowe Rd 40220
0.5 mile, walking

Fern Creek Park

8703 Ferndale Rd 40291
0.5 mile, multi-use

Flaget Field Park

4425 Greenwood Ave 40211
0.25 mile, walking

Highview Park

7201 Outer Loop 40228
0.25 mile, walking

Iroquois Park • ▼

2120 Rundill Rd 40214
New Cut Rd Path • 1.6 miles, multi-use
Rundill Road • 3.5 miles, multi-use
Summit Hill • 0.25 mile, walking
Toppill Road • 0.5 mile, multi-use
Uppill Road • 1.5 miles, multi-use

Jefferson Memorial Forest

11311 Mitchell Hill Road 40118
Tom Wallace Recreation Area •
0.25 miles, walking

Hays Kennedy Park

7303 Beachland Beech Rd 40059
Trails in Garvin Brown Preserve
managed by River Fields. 583-3060

Beargrass Creek Greenway ▼

2001 Lexington Rd 40206

1.33 miles, multi-use

Butchertown Greenway ▼

Brownsboro Road to River Road

0.5 mile, multi-use

Camp Taylor Memorial Park

4201 Lee Ave 40213

1 mile, fitness • .33 mile, walking

Cane Run Road Park

4816 Cane Run Rd 40216

0.75 mile, walking

Long Run Park

1605 Flat Rock Rd 40245

1.7 miles, multi-use

Ohio River Levee Trail ▼

Farnsley-Moremen Landing to north of Riverview Park

6.5 miles, multi-use

Metro Parks 18-hole golf course
back nine paths are also walking
trails, open weekdays from 6 to
8 a.m., before course play begins.

Petersburg Park

5008 East Indian Tr 40218
0.35 mile, walking



RiverWalk ▼

Fourth St/River Rd to Chickasaw Park
Includes Chickasaw, Lannan and
Shawnee Parks. Call 574-3111.
• 6.9 miles, multi-use

Roberson RunWalking Path

8205 Judge Blvd 40219
0.5 mile, multi-use

Seneca Park •

3151 Pee Wee Reese Rd 40207
1.2 miles, walking

Shawnee Park •

4501 West Broadway 40211
1.3 miles, fitness

Shelby Park

600 East Oak St 40203
0.6 mile, walking



South Central Park

2400 Colorado Ave 40208
0.33 mile, walking

Southern Parkway Bridle Path ▼

Western Side
2.6 miles, multi-use

Thurman Hutchins Park •

3734 River Rd 40207
0.9 mile, walking



Tyler Park

1501 Castlewood Ave 40204
0.125 mile, walking

Upper River Road Path ▼

Zorn Ave to Indian Hills Tr
1.125 miles, multi-use

Charlie Vettiner Park

5550 Charlie Vettiner Park Rd 40299
0.25 mile, fitness

Victory Park

1051 South 23rd St 40210
0.25 mile, walking

Watterson Lake

1714 Wheatmore Dr 40215
0.25 mile, walking

Wyandotte Park

1104 Beecher St 40215
.25 mile, walking



• Includes Mayor's Miles dots

♦ Includes unmarked trails

▼ Includes bike trails and/or paths



METRO Parks

Questions for Metro Parks?

phone • 502/456-8100

fax • 502/456-8111

website • metro-parks.org

email • parks@louisvilleky.gov



MetroCall | Connect to Your
311 Government Anytime

To report problems 24 hours a day.

Metro Parks on the Web

Visit metro-parks.org to find information and maps for all 124 local parks, along with our downloadable Recreation Guide, plus other information about the programs we offer through our community centers, swimming pools, golf courses and many other facilities.

Also look for Metro Parks on:

